

What is Claimed is:

1. A golf putting aid, comprising:
a substantially flat rectangular guide having a first end and a second end;
and
a plurality of markings on the substantially flat rectangular guide.
2. The golf putting aid of claim 1, further comprising a first grommet hole at the first end of the substantially flat rectangular guide.
3. The golf putting aid of claim 2, further comprising a second grommet hole at the second end of the substantially flat rectangular guide.
4. The golf putting aid of claim 3, wherein the plurality of markings are spaced equally along the substantially flat rectangular guide.
5. The golf putting aid of claim 4, wherein the substantially flat rectangular guide comprises a first fabric and a second fabric.
6. The golf putting aid of claim 5, wherein the second fabric of the substantially flat rectangular guide is wrapped under and sewn over the edge of the first fabric of the substantially flat rectangular guide.

7. The golf putting aid of claim 6, wherein the first and second fabrics of the substantially flat rectangular guide are different colors.
8. The golf putting aid of claim 6, wherein the plurality of markings are a series of numerals.
9. The golf putting aid of claim 8, further comprising a plurality of weights disposed between the first and second fabrics of the substantially flat rectangular guide.
10. The golf putting aid of claim 9, wherein the plurality of weights are disposed substantially underneath each of the plurality of markings.
11. The golf putting aid of claim 10, wherein the weights are 1 ¼ inch wide washers.
12. The golf putting aid of claim 11, wherein the numbers are spaced at intervals of 1 ½ feet.
13. The golf putting aid of claim 6, wherein the plurality of markings are letters.
14. A method of training a golfer in putting with a putting aid having numerical spaced markings on the putting aid, comprising the steps of:

placing the putting aid parallel to a putting line;
putting from a first numerical mark on the putting aid; and
advancing to a subsequent numerical marking on the putting aid and
putting from the subsequent numerical marking on the putting aid.

15. The method of claim 14, wherein the steps of putting from the first numerical mark and putting from the subsequent numerical markings further comprise putting three times from each numerical mark.